



Sermon Discussion Guide

How to Let Go of Worry

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"You will keep him in perfect peace, whose mind is stayed on you, because he trusts in you." Isaiah 26:3 (NKJV)

Isaiah 26:3 above teaches us how to let go of worry. When our minds are stayed on God because we trust in him, he keeps us in perfect peace! Trust can be defined as allowing someone to do something without fearing the outcome, running into the shelter provided by another person, and resting our minds in the faithfulness, reliability, integrity or friendship of another. When we fix our thoughts on God, God fixes our thoughts. If we want the perfect peace of God, we have to trust the God of perfect peace! Let's *Talk It Over*.

OPEN YOUR GROUP WITH A PRAYER. THIS IS ONLY A GUIDE – SELECT THE POINTS YOU WANT TO DISCUSS.

"In God I trust; I will not be afraid. What can man do to me?" Psalm 56:11 (NIV)

1. Read Psalm 56:11 above aloud. What does it say the result of trusting God is? Do you find trusting God to be an easy or difficult choice?

"Trust in the Lord with all your heart and lean not on your own understanding." Proverbs 3:5 (NIV)

2. Why does Proverbs 3:5 above tell us to trust the Lord with all our heart and not our mind? Discuss how this might be considered relational and not rational?
3. Read Isaiah 26:3 at the top of the page. Consider times of worry in your life when you struggled with experiencing perfect peace. What made those times different from times when you were able to experience God's peace? How did your ability to trust in God play a part in the different outcomes?

"We take captive every thought to make it obedient to Christ." 2 Corinthians 10:5b (NIV)

4. Consider that worry is often a decoy that Satan uses to distract us from trusting in God. How do you personally take captive these thoughts? What does God do for us when we are obedient in confining these thoughts and entrusting them into God's hands?
5. Read Matthew 6:25-34 aloud in your Bible. Jesus notes how God provides food for the birds and how God clothes the grass of the field. Then he says, "Seek first his kingdom and his righteousness, and all these things will be given to you as well." Name some ways you can apply this verse to your life such that you let go of worry.
6. Re-read Isaiah 26:3 at the top of the page. What is the promise in this verse? How do we come to trust in God such that our minds are stayed on him? What are some areas in your life where you can trust in God more?

Diving Deeper (optional)

*"The Lord has His way in the whirlwind and in the storm,
and the clouds are the dust beneath His feet." Nahum 1:3b (AMP)*

Worry can blur your vision from what God wants you to do. We all have times when our vision is blurred. Discuss what goes through your mind and heart when faced with worry. How do you handle worry? How do you find comfort and remain calm in the storm?

REVIEW ANY ASSIGNMENTS OR COMMITMENTS MADE DURING YOUR PREVIOUS MEETING.

Sermon Discussion Guide Leader Notes

Suggestions for This Week’s Study

- **Icebreaker:** Describe an occasion when you let go of worry and found a new friend or joined a new group.
- **Goals:** To learn how to let go of worry by trusting in God. To see how God keeps us in perfect peace when we stay our minds on him. To trust in God such that we allow him to do something without fearing the outcome, run into the shelter he provides, and rest our minds in the faithfulness, reliability, integrity and friendship of God. To fix our thoughts on God such that he fixes our thoughts, and to understand that if we want the perfect peace of God we have to trust the God of perfect peace!
- **Final Prayer:** Father, help us during the times we struggle with perfect peace. Open our minds to not fear the outcome and to seek refuge in the safety of your shelter where we can learn to rest our minds and soul. Show us how learning to trust in the God of perfect peace brings the perfect peace of God flowing into our lives. When we fix our thoughts on you dear Father, you willingly and with great love fix our thoughts. In your son’s name we pray. Amen.

Preparing to Lead Your Group

- ✓ **PRAY** for insight as you begin to prepare for leading your group. Ask for God’s wisdom, that the Holy Spirit will be the teacher and that you will be God’s instrument to lead the group to greater understanding and a willingness to commit to becoming more like God. Prayer should be your primary source of personal preparation for leading your group.
- ✓ **PLAN** where you want to take your group in the next 60-90 days. Is your group strong in some areas and weak in others? How can you challenge the members to live more balanced Christian lives? Consider God’s five purposes for the church: Fellowship, Discipleship, Ministry, Mission and Worship, and make a plan to encourage your group members to growth and commitment in their weak areas.
- ✓ **PONDER YOUR PROGRESS** after each session and at the end of a series. Reflect on what went well and what didn’t. Re-evaluation is key to your growth as a leader. Consider whether your plan is being effective in moving the group to greater understanding and commitment. How are you doing with leading the discussion: is it stimulating, challenging, and meaningful? Are you able to keep the group on track? Do you need to make some changes?

Using This Sermon Discussion Guide

- Talk It Over is a tool to aid you in meeting the needs of your group. We’ve designed it so it can be completed easily within 30-45 minutes. As the discussion leader, you should preview and evaluate the questions based on the needs of your group. Decide in advance what is most important to focus on, should time not allow for the entire lesson.
- Feel free to adapt the format to meet the needs of your group. If your group is mature and wants to dig deeper, consider using the Diving Deeper section or add additional Scripture and ask suitable questions. Remember that this is only a guide.
- The questions relating to Bible study methods are helpful to develop Bible literacy and spiritual maturity in our lives. You can help your group be aware of their needs in these areas by using these questions as a regular part of each discussion.
- Personal applications are essential for growth and should be included in every discussion. When discussing how they will apply principles, group members may state very general goals such as “I need to spend more time in prayer.” It is important for you to help people make goals that are very specific and commit to specific plans of action by asking, for example, “How are you going to begin?” An example is to get up 25 minutes earlier each morning, spending 15 minutes reading the Bible and 10 minutes in prayer. Encourage each group member to be accountable to the group for personal progress at the next meeting.
- Your goal as the leader is to bring the group into a stimulating discussion that helps the members recognize their needs for personal life change. Ultimately you want them to be willing to commit to change with accountability to the group. Accountability helps us to persevere in our commitments and achieve the blessings of success.